

FIG. 1

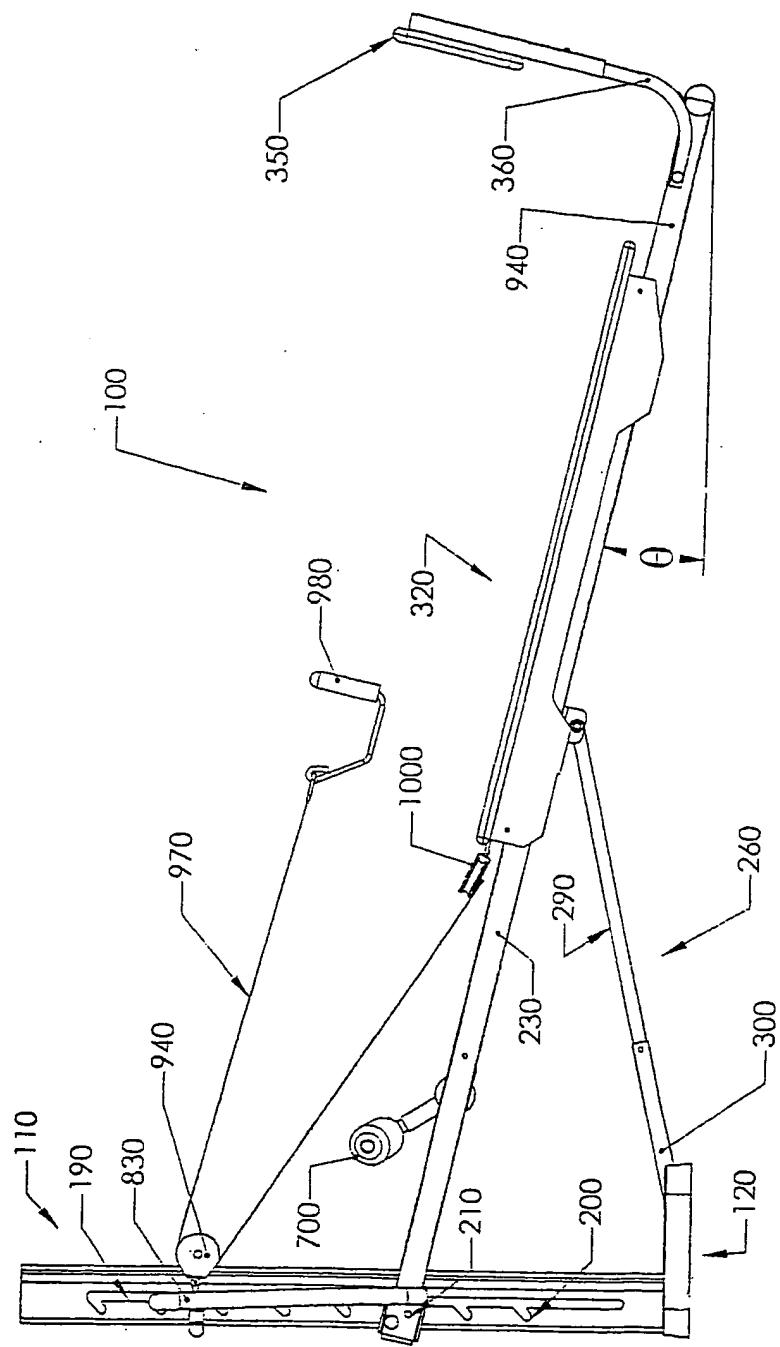


FIG. 2

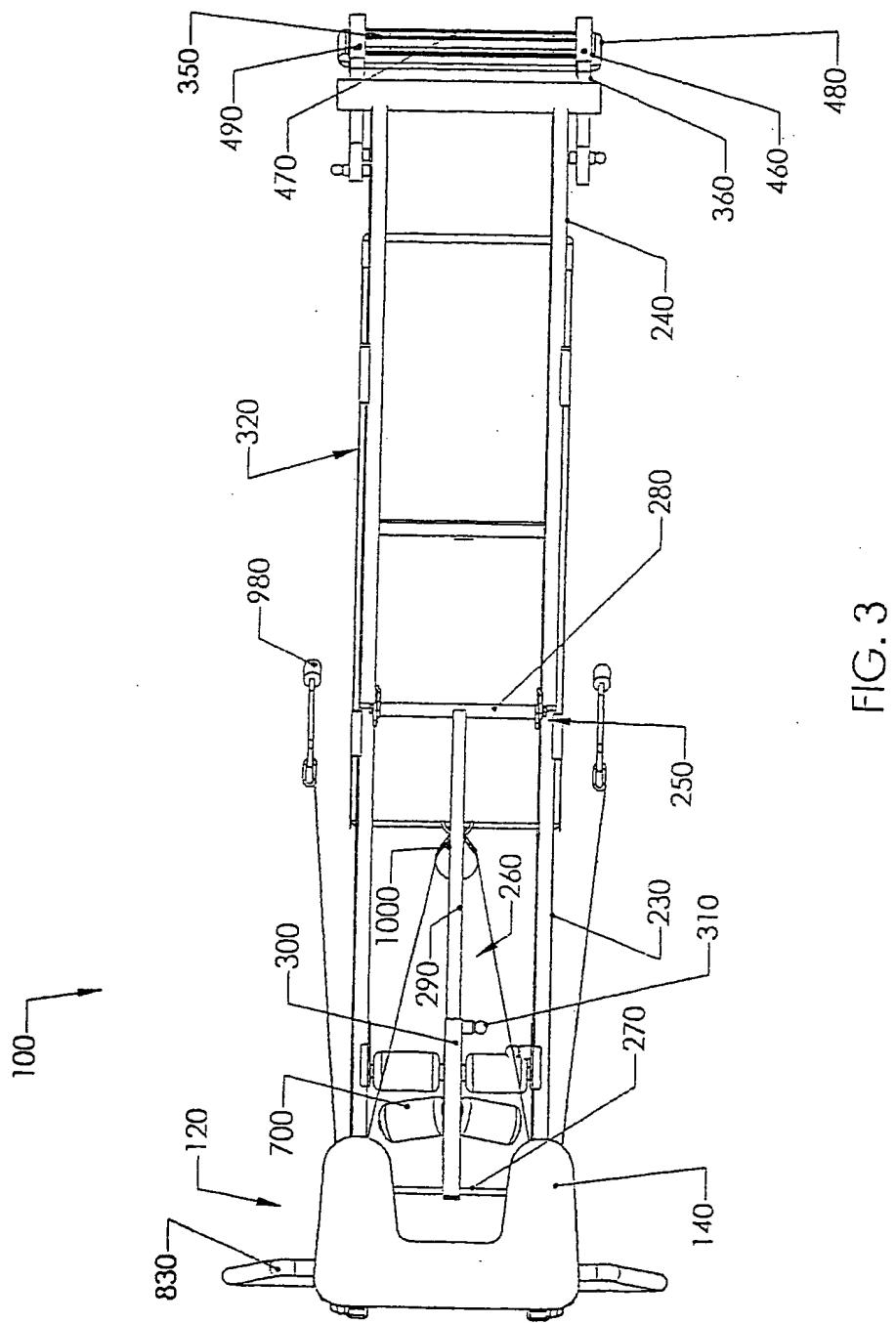
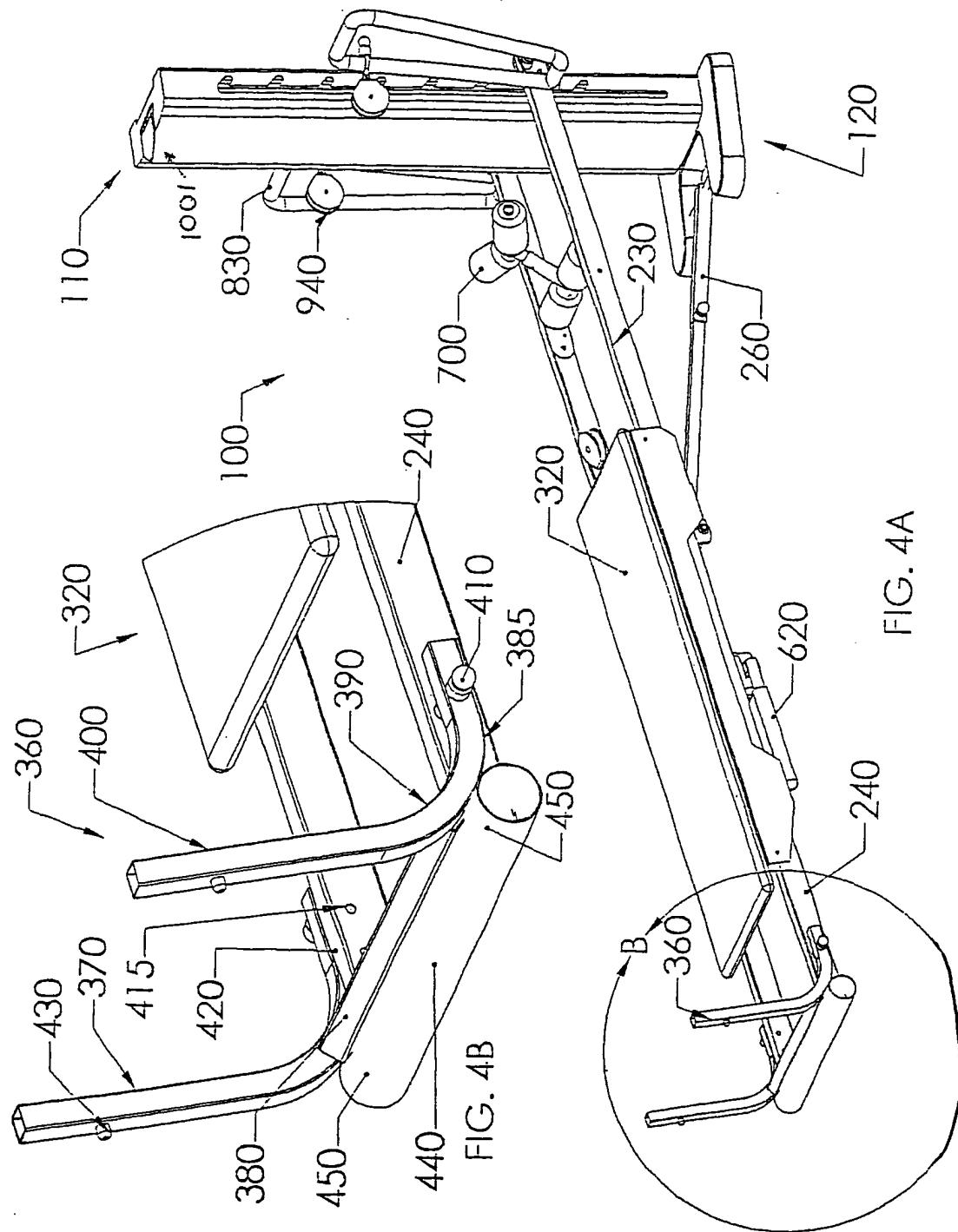
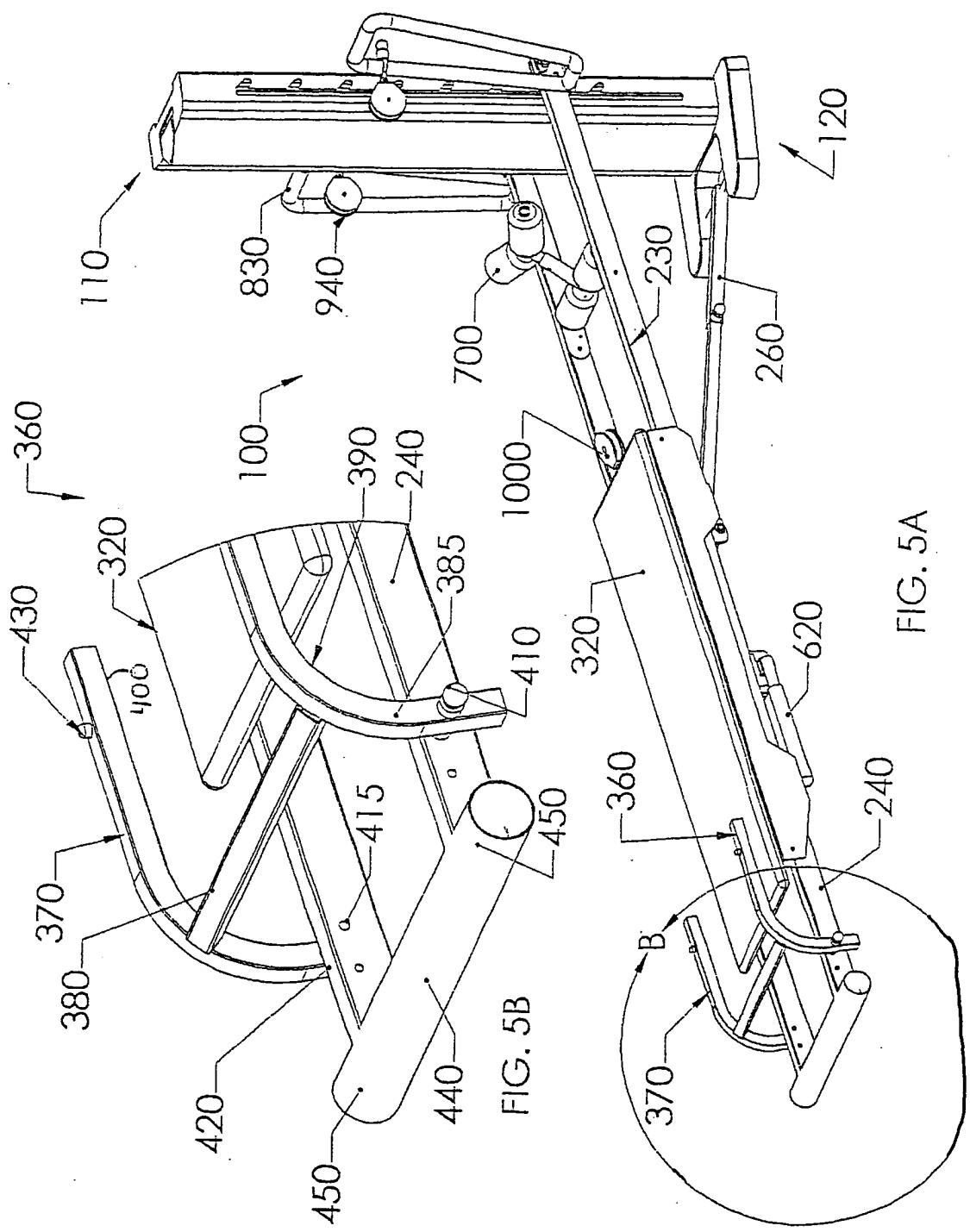
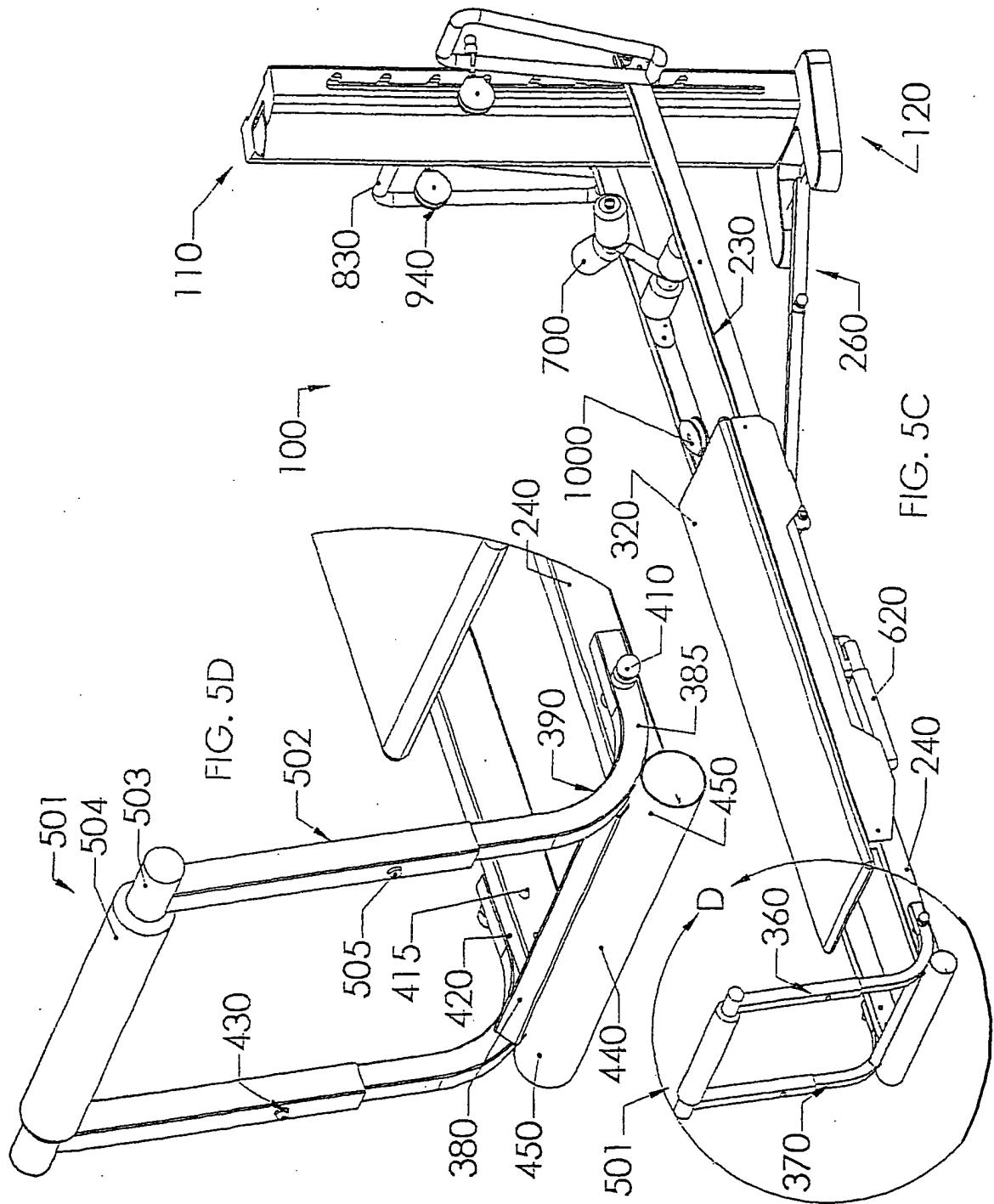
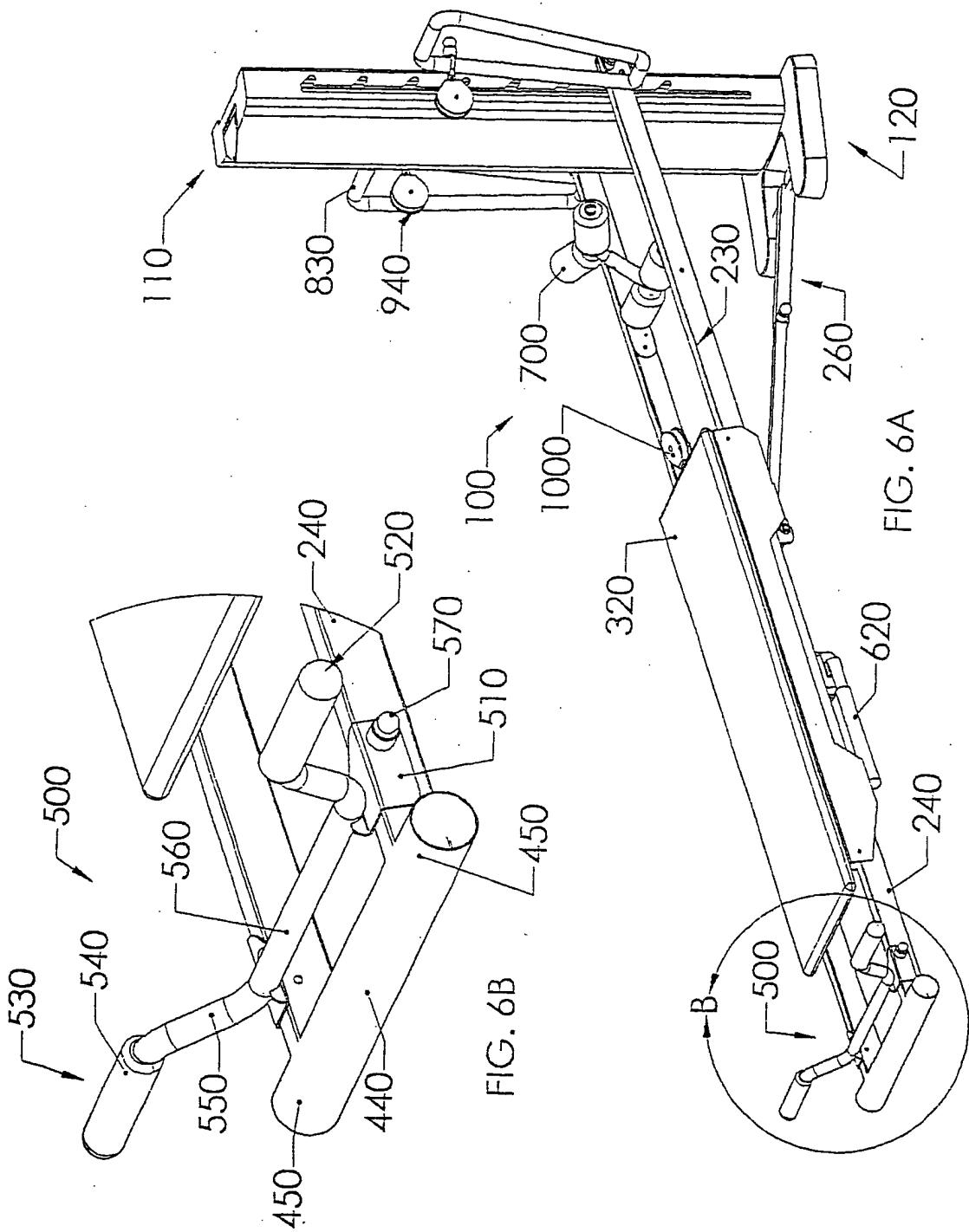


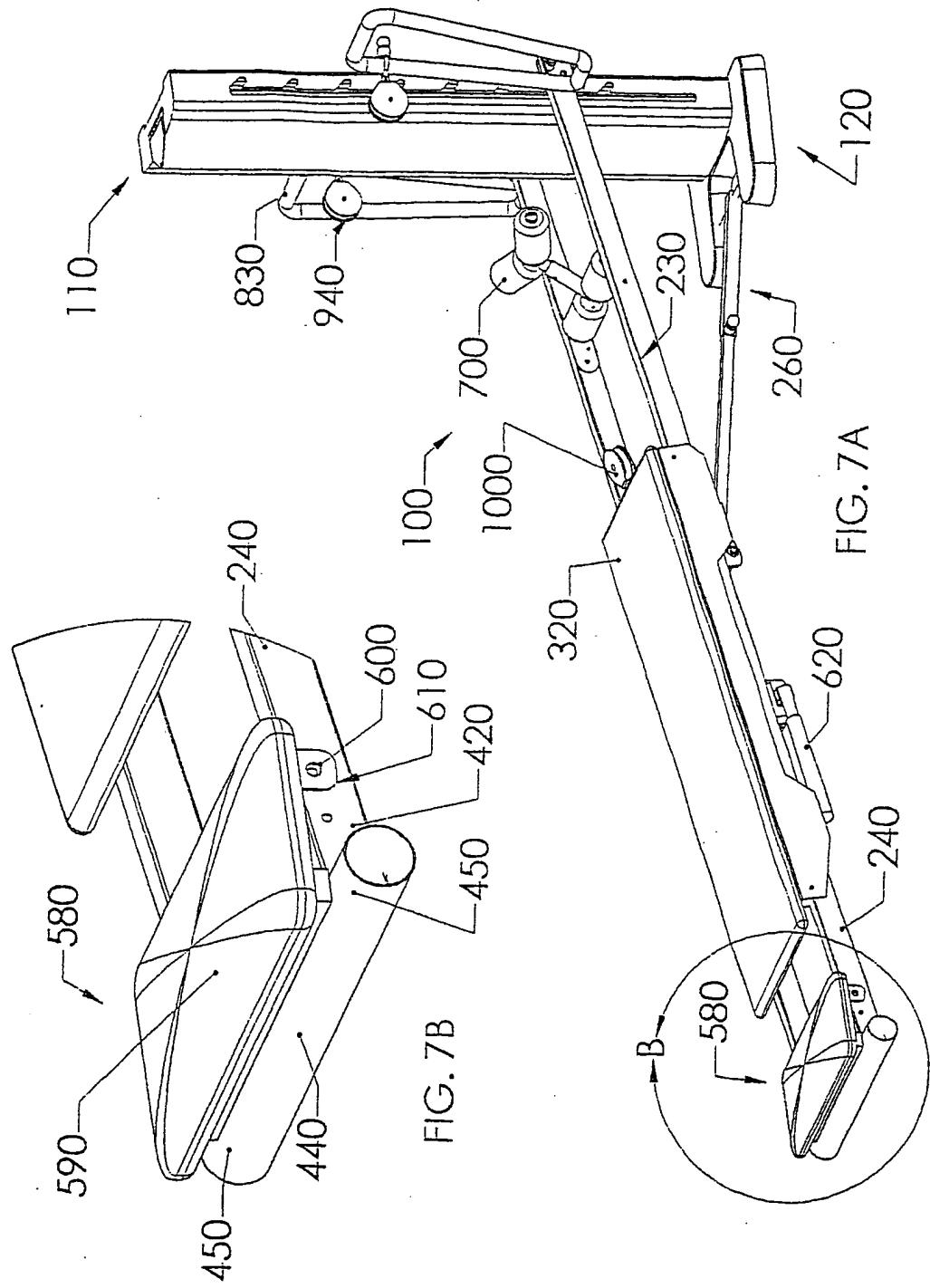
FIG. 3

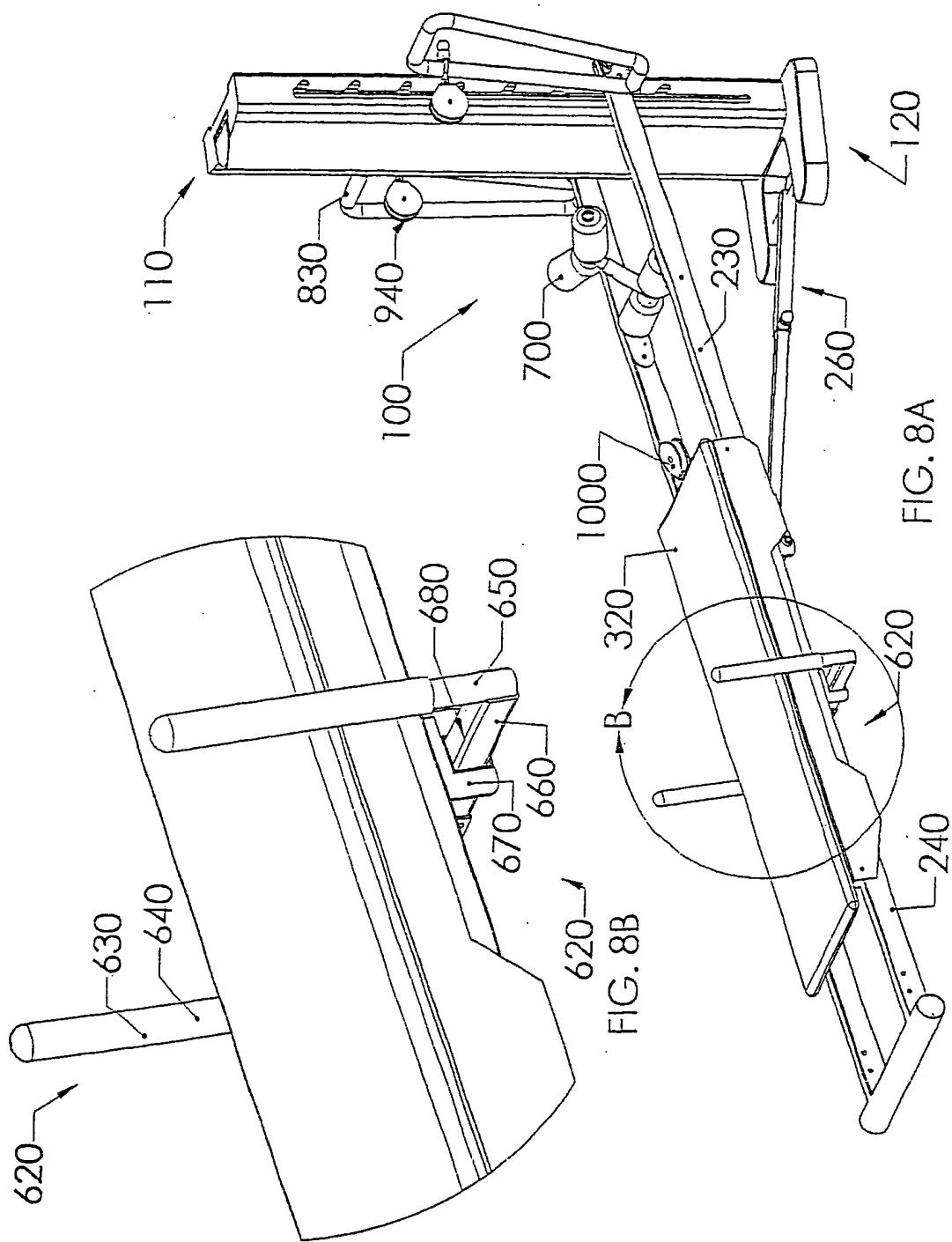


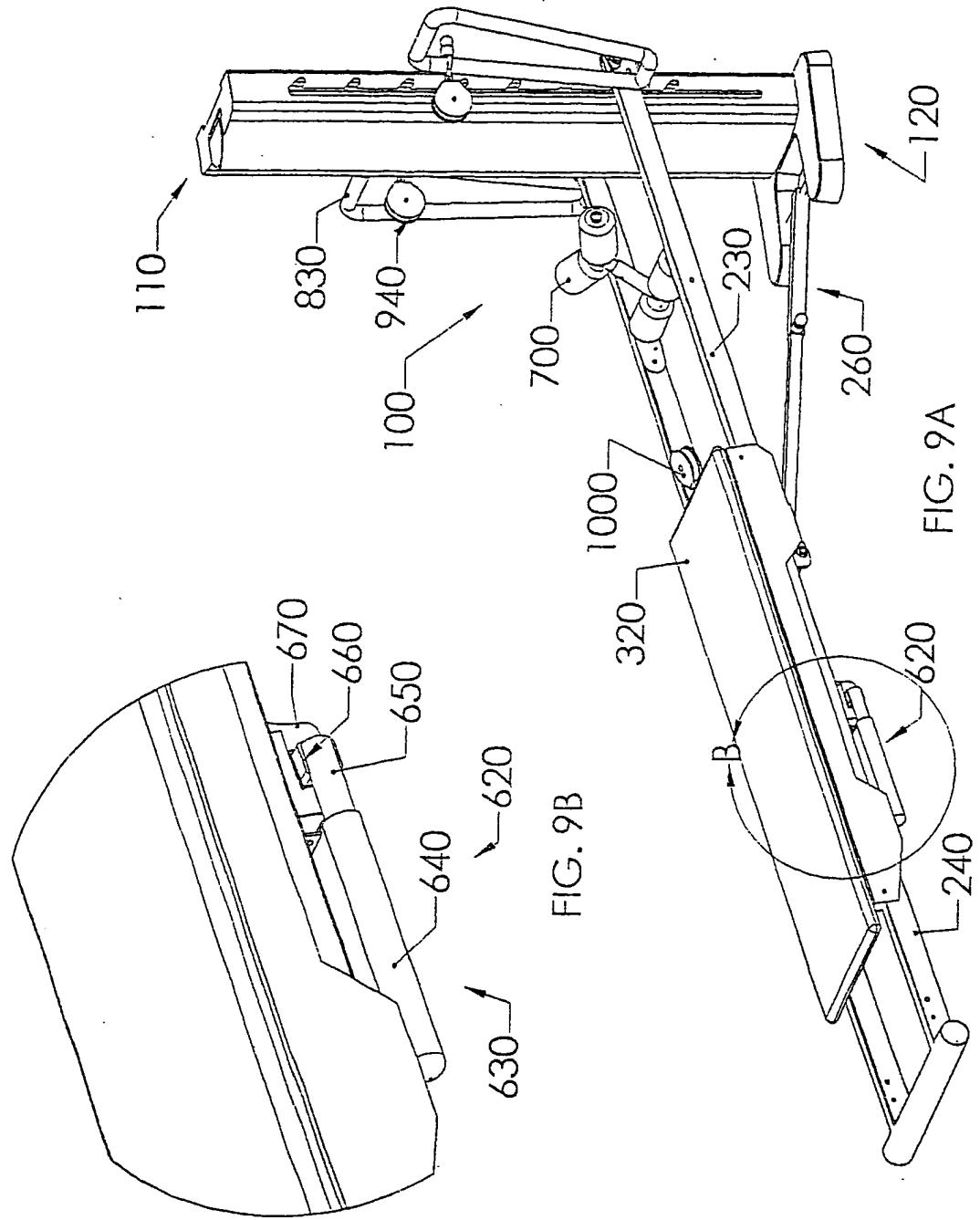


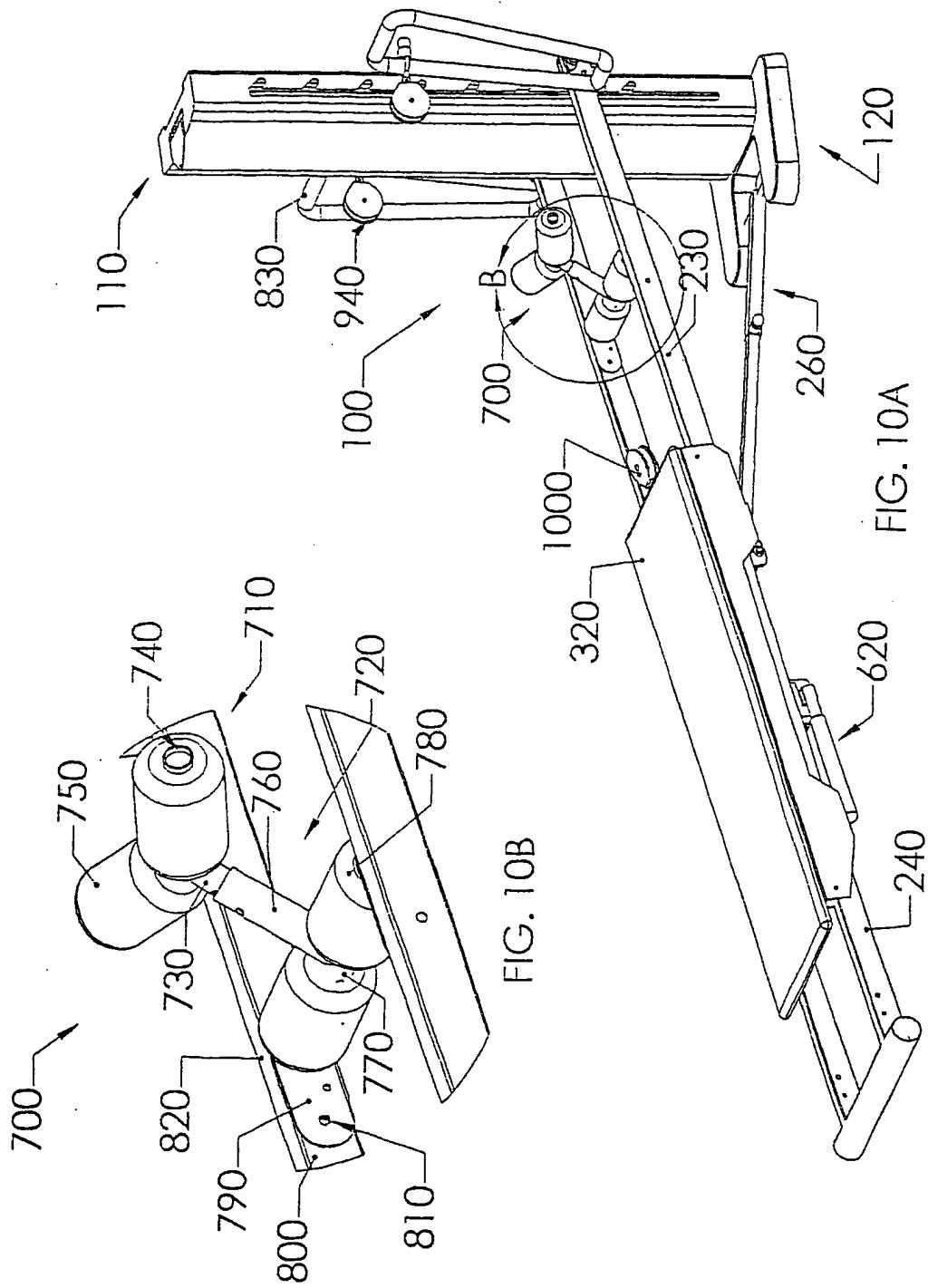


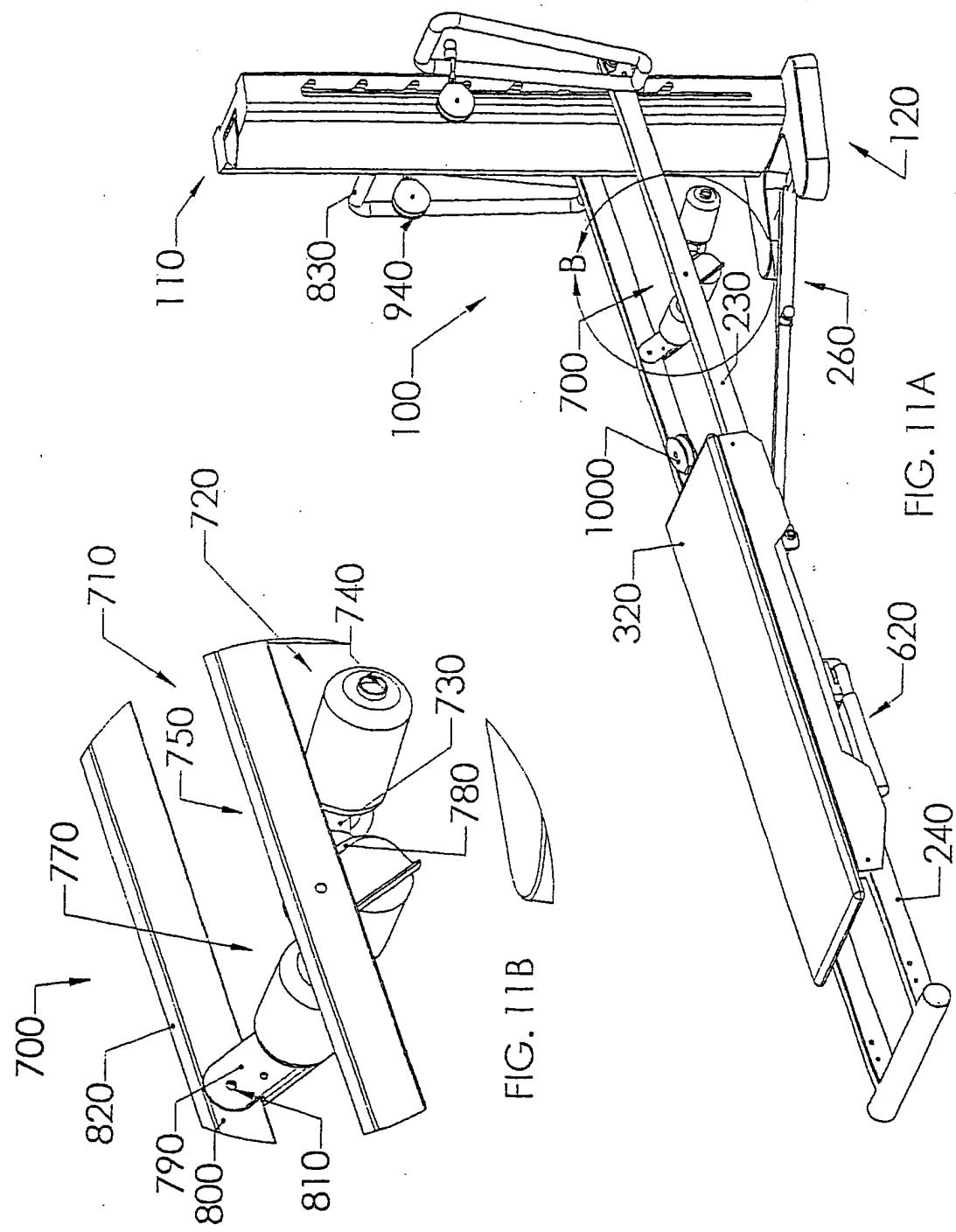


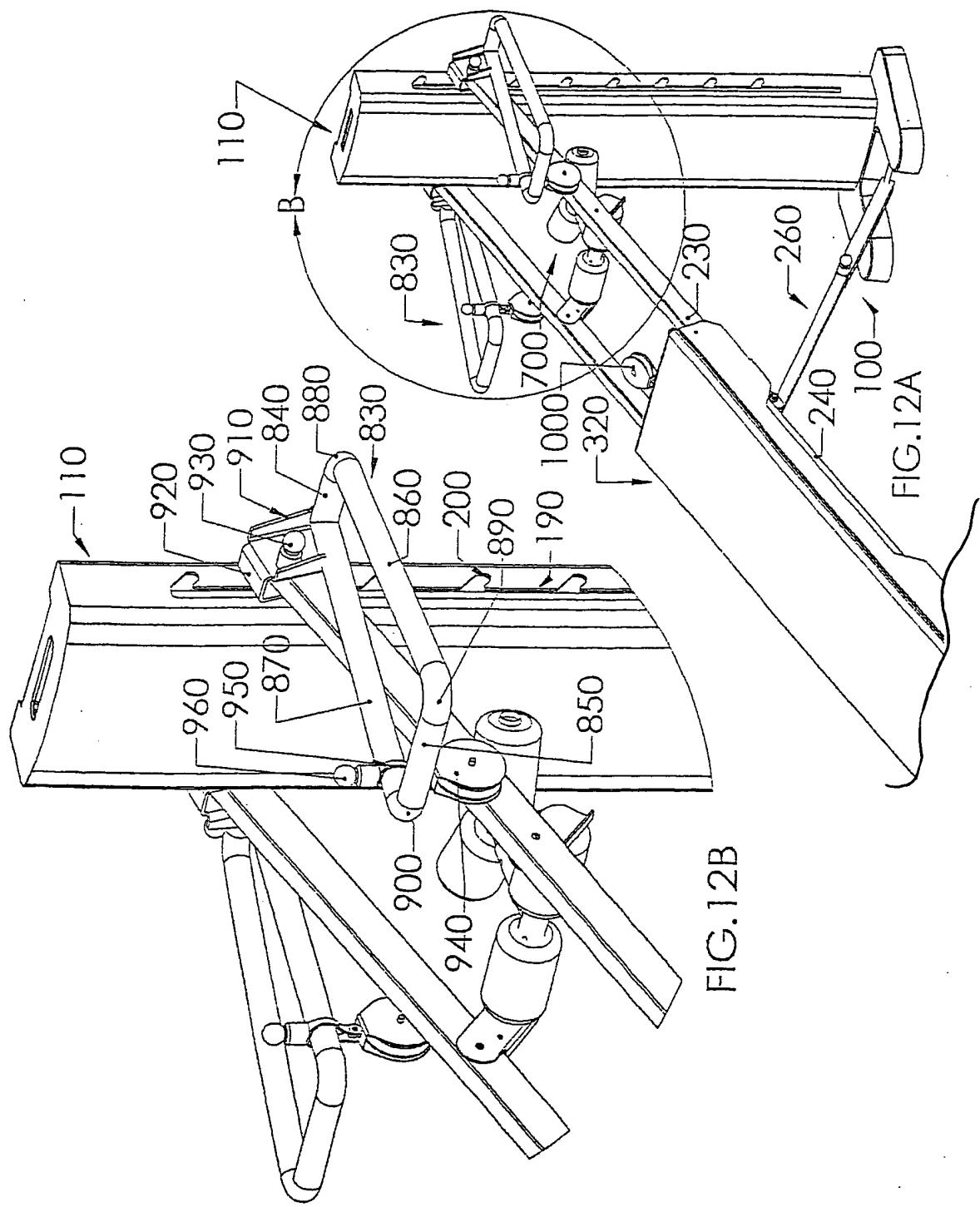












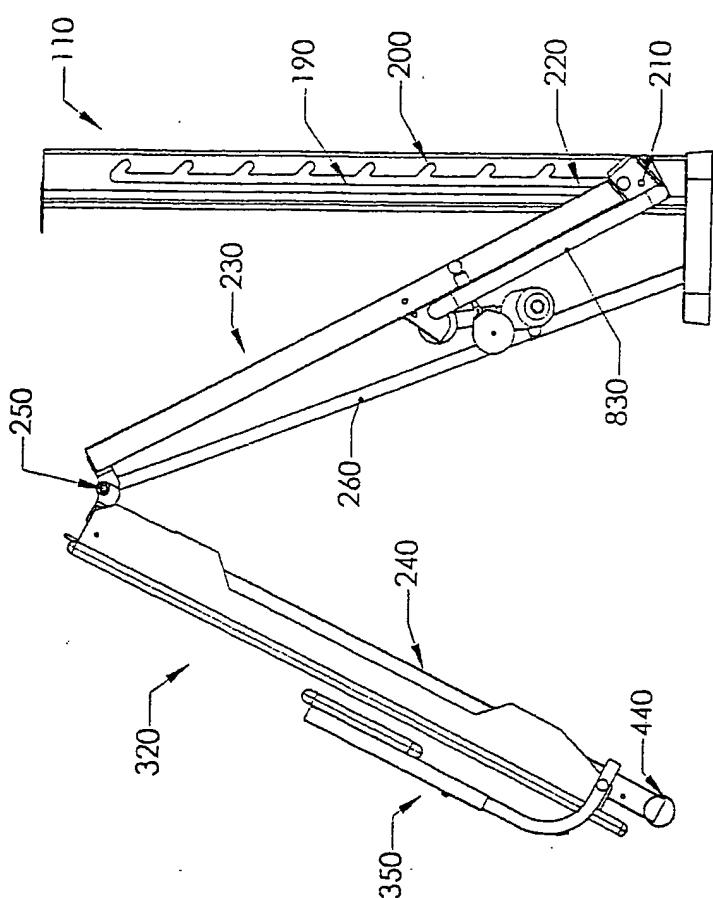


FIG.13

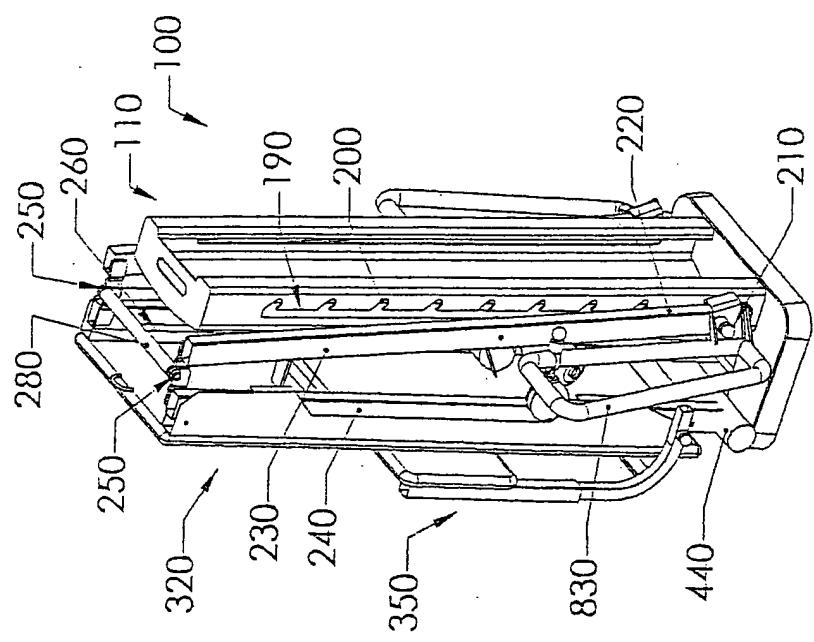


FIG. 14

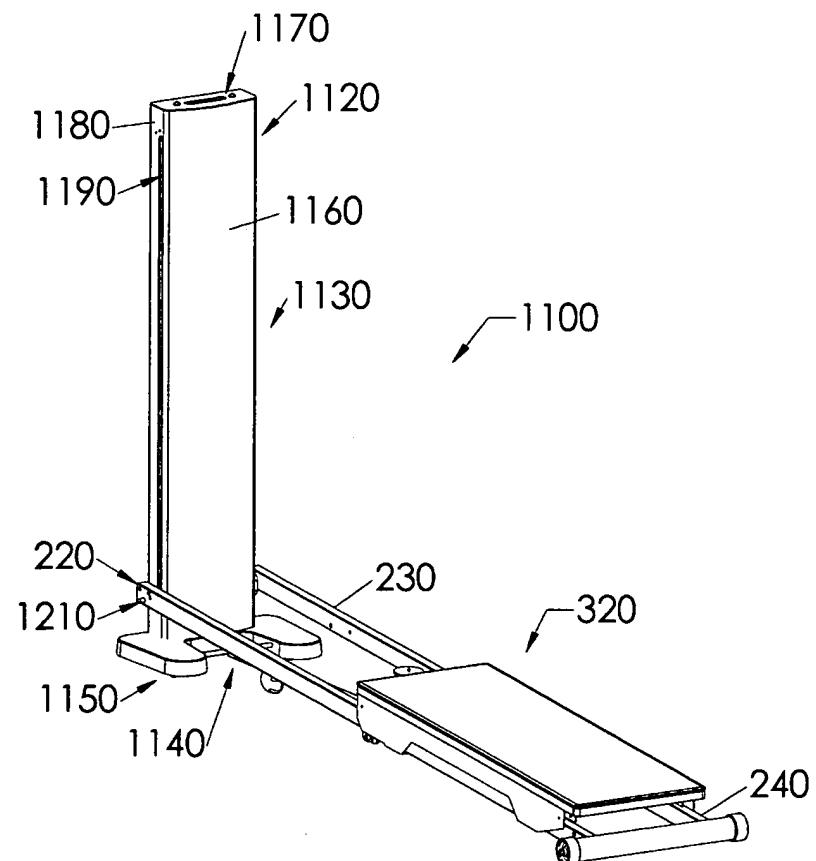


FIG. 15

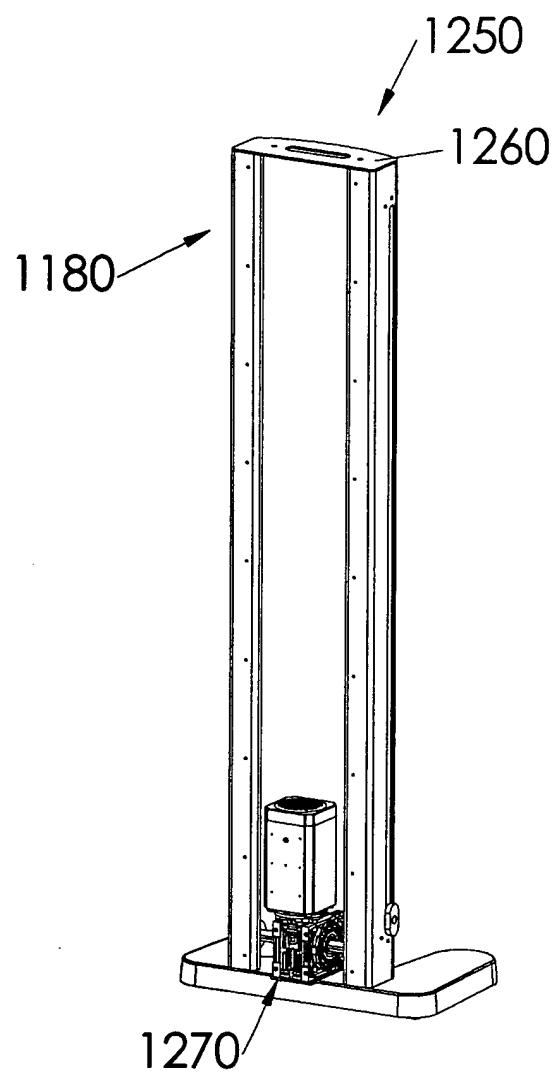


FIG. 16

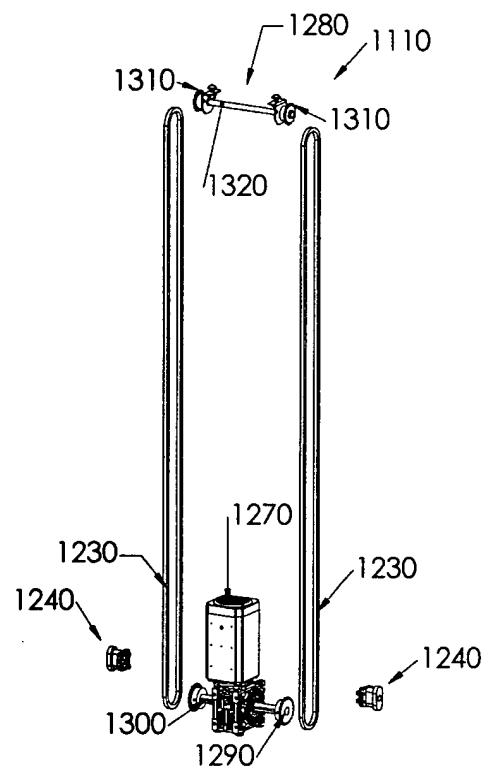


FIG. 17

EXERCISE RESISTANCE CHART

BODYWEIGHT	LEVEL Slope in Degrees	RESISTANCE							
		1 4.5°	2 7.5°	3 10.5°	4 13.5°	5 16.5°	6 20°	7 24°	8 27°
100	% weight	10	16	23	29	35	42	50	56
110	% weight	10	16	23	29	35	42	50	56
120	% weight	11	18	24	31	38	46	55	61
130	% weight	10	16	22	28	34	41	48	55
140	% weight	12	19	26	34	41	49	59	65
150	% weight	9	16	22	28	34	41	48	54
160	% weight	12	20	28	36	44	53	63	70
170	% weight	9	15	21	27	33	40	47	53
180	% weight	14	23	32	41	49	60	71	79
190	% weight	9	15	21	27	33	39	47	52
200	% weight	14	24	34	43	52	63	75	84
210	% weight	9	15	21	27	32	39	46	52
220	% weight	15	27	37	48	58	70	83	93
230	% weight	9	15	21	26	32	39	46	51
240	% weight	17	28	39	50	61	73	87	97
250	% weight	9	15	20	26	32	38	46	51
260	% weight	18	29	41	52	64	77	91	102
270	% weight	9	15	20	26	32	38	45	51
280	% weight	18	30	43	55	66	80	95	106
290	% weight	9	15	20	26	32	38	45	50
300	% weight	19	32	48	57	69	83	99	110
310	% weight	9	14	20	26	31	38	45	50
320	% weight	20	33	46	59	72	87	103	115
330	% weight	9	14	20	26	32	38	45	50
340	% weight	21	35	48	62	75	90	107	120
350	% weight	9	14	20	26	31	38	45	50
360	% weight	22	36	50	64	78	94	111	124
370	% weight	9	14	20	26	31	37	44	50
380	% weight	22	37	52	66	81	97	116	129
390	% weight	9	14	20	25	31	37	44	49
400	% weight	23	38	54	69	84	100	120	133
410	% weight	9	14	20	25	31	37	44	49
420	% weight	24	40	55	71	86	104	124	138
430	% weight	9	14	20	25	31	37	44	49
440	% weight	25	41	57	73	89	107	128	143
450	% weight	9	14	20	25	31	37	44	49
460	% weight	27	42	59	76	92	111	132	147

FIG. 18

	BEGINNER	INTERMEDIATE	ADVANCED
Selection	Single joint & multiple joint	Single joint & multiple joint emphasis on MJ	Single joint & multiple joint
Order	Large to small muscle groups	Multiple joint to single joint	High intensity to low intensity
Loading	60–70% of 1 Rep max.	70–80% of 1 rep max.	70%–100% of 1 rep max. 70–85% periodized
Volume	1–3 Sets, 8–12 Reps	Multiple sets 6–12 reps	Multiple sets, 1–12 reps with emphasis on 6–12 reps periodized
Rest Interval	2–3 mins. for core 1–2 mins. for others	2–3 mins. for core 1–2 mins. for others	2–3 mins. for core 1–2 mins. for others
Velocity	Slow to moderate	Moderate	Intentionally slow to fast
Frequency	2–3 x / week	2–4 x / week	4–6 x / week

FIG. 19

	BEGINNER	INTERMEDIATE	ADVANCED
Selection	Single joint & multiple joint	Single joint & multiple joint with emphasis on MJ	Single joint & multiple joint
Order	Large to small muscle groups	Multiple joint to single joint	High intensity to low intensity
Loading	60–70% of 1 Rep max.	70–80% of 1 rep max.	70%–100% of 1 rep max. 70–85% periodized
Volume	1–3 Sets, 8–12 Reps	Multiple sets 6–12 reps	Multiple sets, 1–12 reps with emphasis on 6–12 reps periodized
Rest Interval	1–2 mins.	1–2 mins.	2–3 mins. for heavy sets. 1–2 mins. for light to moderate
Velocity	Slow to moderate	Slow to moderate	Slow, moderate, fast
Frequency	2–3 x / week	2–4 x / week	4–6 x / week

FIG. 20

	BEGINNER	INTERMEDIATE	ADVANCED
Selection	Primarily multiple joint	Primarily multiple joint	Primarily multiple joint
Order	Large to small muscle groups	Most complex to least complex	High intensity to low intensity
Loading	>80% 1 RM-strength 30–60% 1RM endurance	>80% 1 RM-strength 30–60% 1RM endurance	>80% 1 RM-strength 30–60% 1RM endurance
Volume	Train for Strength	1–3 sets, 3–6 reps	1–3 sets, 3–6 reps
Rest Interval	2–3 mins. for core	2–3 mins. for core 1–2 mins. for others	2–3 mins. for core 1–2 mins. for others
Velocity	Moderate	Fast	Fast
Frequency	2–3 x / week	2–4 x / week	4–6 x / week

FIG. 21

	BEGINNER	INTERMEDIATE	ADVANCED
Selection	Single joint & multiple joint	Single joint & multiple joint	Single joint & multiple joint
Order	Variety in sequencing	Variety in sequencing	Variety in sequencing
Loading	50–70% of 1 Rep max.	50–70% of 1 Rep max.	30–80% of 1 Rep max.
Volume	1–3 Sets, 10–15 Reps	Multiple sets 10–15 reps or more	Multiple sets, 10–25 reps or more
Rest Interval	1–2 mins. for high rep sets	1–2 mins. for high rep sets	<1 min. for 10-15 reps
Velocity	Slow to moderate repetitions	Moderate to high repetitions	Moderate to high repetitions
Frequency	2–3 x / week	2–4 x / week	4–6 x / week

FIG. 22